

Safety Rules—Your Best Tools

“Summer Sun Safety”

FEATURING: OSHA Fall Prevention

NEWSFLASH:

Preventing Heat Illness in Outdoor Workers

Who is affected? Workers exposed to hot and humid conditions are at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions.

What is heat illness? The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires **immediate medical attention**.

How can heat illness be prevented? Remember three simple words: **water, rest, shade**. Drinking water often, taking breaks, and limiting time in the heat can help prevent heat illness. Employers should include these prevention steps in worksite training and plans. Gradually build up to heavy work in hot conditions. This helps you build tolerance to the heat – or become acclimated. Employers should take steps that help workers become acclimated, especially workers who are new to working outdoors in the heat or have been away from work for a week or more. Gradually increase workloads and allow more frequent breaks during the first week of work. Also, it's important to know and look out for the symptoms of heat illness in yourself and others during hot weather. Plan for an emergency and know what to do — **acting quickly can save lives!**

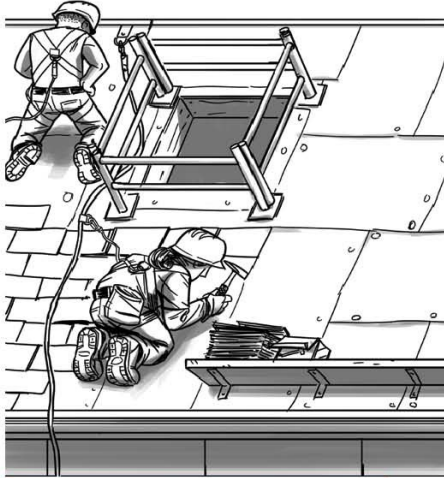
Health & Safety Tip of the Month: Mayo Clinic Staff “Are You Drinking Enough Water”

Although no single formula fits everyone, knowing more about your body's need for fluids will help you estimate how much water to drink each day. Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly 3 liters (about 13 cups) of total beverages a day. The AI for women is 2.2 liters (about 9 cups) of total beverages a day.

FALLS FROM ROOFS CAN BE PREVENTED!

- ✔ Wear a harness and always stay connected
- ✔ Make sure your harness fits
- ✔ Use guardrails or lifelines
- ✔ Inspect all fall protection equipment before use
- ✔ Guard or cover all holes, openings, and skylights



DON'T
disconnect from
the lifeline



DON'T
work around unprotected
openings or skylights



DON'T
use defective equipment

PLAN ahead to get the job done safely.
PROVIDE the right roof equipment.
TRAIN everyone to use the equipment safely.



NIOSH

NORA

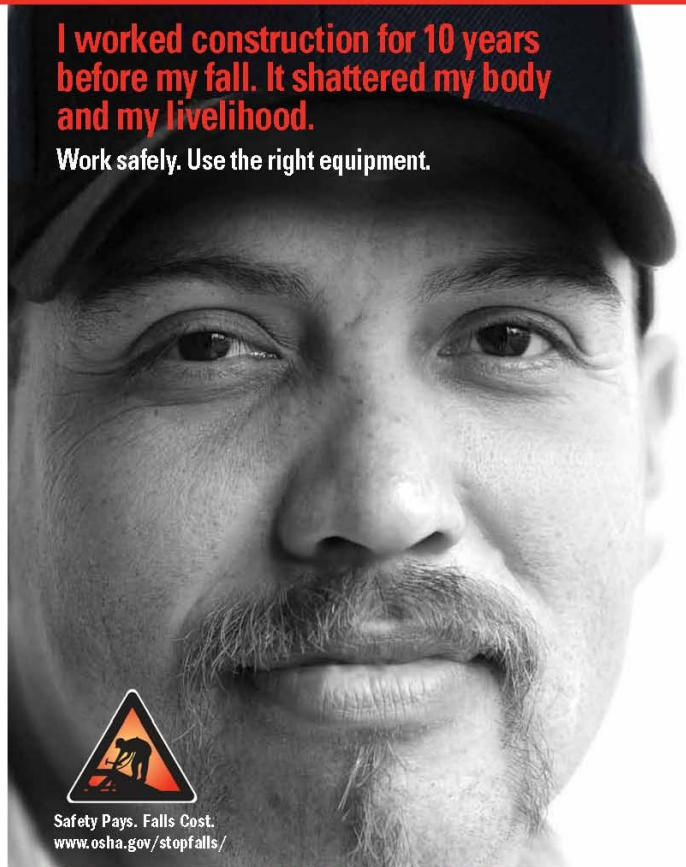
OSHA Occupational Safety and Health Administration
1-800-321-OSHA (6742) • TTY 1-877-889-5627
www.osha.gov

NIOSH 2012.142 / OSHA 3533-04 2012

FALL PREVENTION FACT SHEET

I worked construction for 10 years before my fall. It shattered my body and my livelihood.

Work safely. Use the right equipment.



Safety Pays. Falls Cost.
www.osha.gov/stopsfalls/

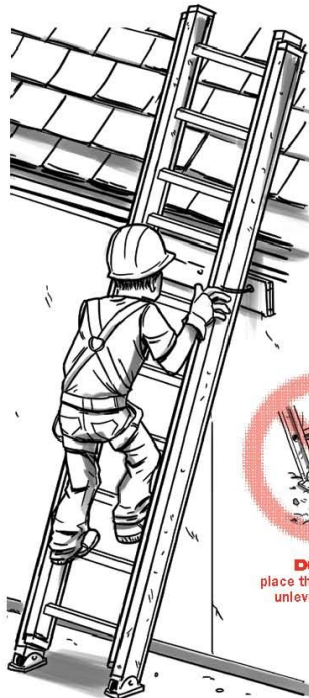
PLAN ahead to get the job done safely. **PROVIDE** the right equipment. **TRAIN** everyone to use the equipment safely.

Please contact the Division of Facilities Safety Office if you need assistance in preventing falls.

(785) 532-1715 or (785) 770-2289

FALLS FROM LADDERS CAN BE PREVENTED!

- ✔ Choose the right ladder for the job
- ✔ Maintain three points of contact
- ✔ Secure the ladder
- ✔ Always face the ladder



DON'T
overreach



DON'T
stand on top or on the
top step of a stepladder



DON'T
place the ladder on
uneven footing



PLAN ahead to get the job done safely.
PROVIDE the right ladder and equipment.
TRAIN everyone to use the equipment safely.

FALLS FROM SCAFFOLDS CAN BE PREVENTED!

- ✔ Use fully planked scaffolds
- ✔ Ensure proper access to scaffold
- ✔ Plumb and level
- ✔ Complete ALL guardrails
- ✔ Ensure stable footing
- ✔ Inspect before use (by competent person)



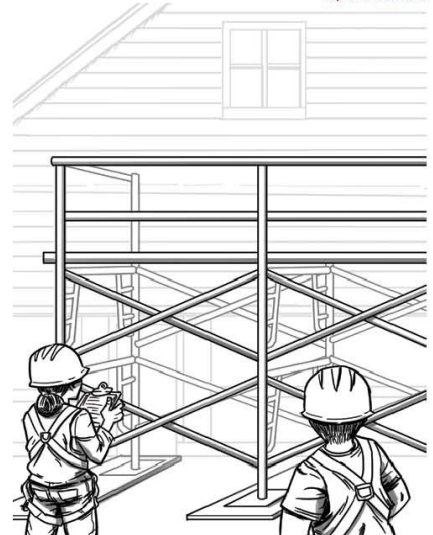
DON'T
use a ladder on
top of a scaffold



DON'T
stand on guardrails



DON'T
climb cross-braces



PLAN ahead to get the job done safely.
PROVIDE the right scaffold and equipment.
TRAIN everyone to use the equipment safely.